



FRIDAY NIGHT FACTS

Office of Faith-Based and Community Initiatives

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Welcome to Friday Night Facts ! As the summer progresses, our thoughts turn to future projects and responsibilities. For us at the Office of Faith Based and Community Initiatives, we are preparing to say "so long" to two wonderful VISTA members, Christina Mauntel and Johanna Amefia-Koffi. These two women have worked as hard as any of our staff members in making sure that OFBCI provided up-to-date information and services to anyone who asked for them from our office. We will share more about them, their work, and their future in the next two issues.

For now, we are looking to attract new VISTA members to our office. A description of the VISTA program and the projects these members will work on in the coming year is detailed below. Hopefully, if you know of someone who wants to serve their community by being a VISTA, you will share this information with them.

WANTED: TRAINING AND TECHNICAL ASSISTANCE VISTAS

Through a collaboration with the Indiana Department of Education and the Corporation for National and Community Service, the Office of Faith Based and Community Initiatives is seeking eight (8) VISTA associates to provide one year of support to strengthen Indiana's faith-based and community organizations as they work to address needs and solve problems, beginning September 1, 2006.

Two (2) VISTA training associates will assist in developing and implementing a training and technical assistance curriculum for faith-based and grassroots community-based organizations and provide technical assistance support as needed. Two (2) VISTA associates will develop two new volunteer centers in communities outside of Marion County. Four (4) VISTA associates will provide one-on-one technical assistance to faith-based organizations in leadership development, organizational development, program development or fund development.

For more information on becoming a VISTA associate and about this opportunity, visit the Corporation for National and Community Service website, <https://recruit.cns.gov/index.asp>. For more information about the Office of Faith-Based and Community Initiatives, visit our website, www.ofbci.in.gov.

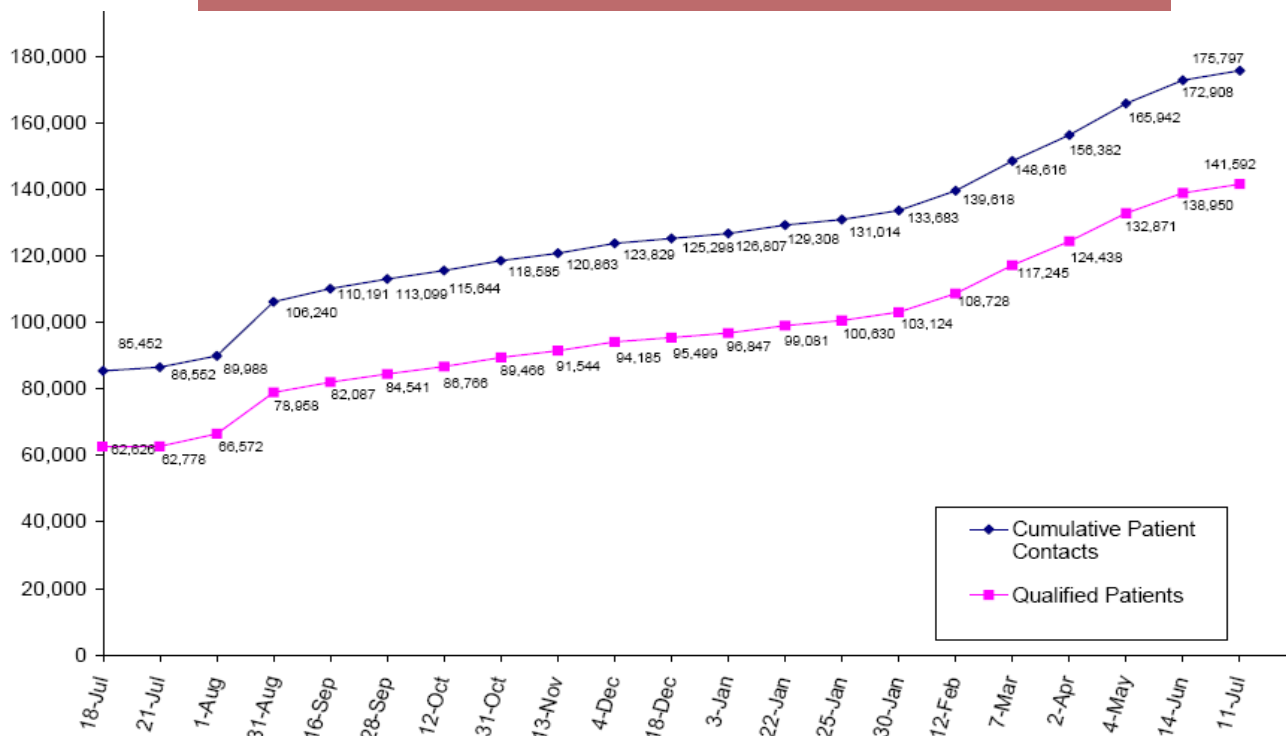
What Makes a Successful Grant Writer? The Beginner's Guide to Grant Writing Workshop

Grant writing is both a skill and a talent. Skilled grant writers use persuasive writing skills to describe their ideas and initiatives. Good grant writers also use their creative talents, providing vivid descriptions of the activities that will take place or services that will be provided, allowing funders to see their funds in action.

Purdue Extension is dedicated to building Indiana communities through research-based programs and services that promote strong families and strong communities.

The Beginner's Guide to Grant Writing workshop is designed to build community skills, promoting growth and sustainability. These workshops will be held from 9:30 AM to 4:30 on October 4th and November 8th at various locations throughout the state.

For workshop locations, further information, or to register, please go to <http://sharepoint.agriculture.purdue.edu/ces/csr/default.aspx> or call Purdue Extension at 1-888-EXT-INFO.



The Rx for Indiana program has been a great success. Over 80 percent of the Hoosiers who contacted the program matched with a Pharmaceutical Assistance Program to help them with the cost of their medicines. Out of the 175,797 Hoosiers who initially contacted Rx for Indiana, 141,592 received the help they needed from this program during first year of operation. Over 70 organizations have come together to help educate Hoosiers about Rx for Indiana and will continue their efforts, through 2006, to reach communities with a high number of unemployed or uninsured residents. To see if you are eligible to receive assistance, visit their website at www.rxforindiana.org or call 1-877-793-0765.

ENERGY STAR for Congregations

Become an ENERGY STAR partner for free technical support, information, awards eligibility, e-mail updates, and your free hard copy of **"Putting Energy into Stewardship"** for your congregation. Please call the toll-free helpline (1-888-STAR-YES) for more information or visit their website at http://www.energystar.gov/index.cfm?c=small_business.sb_congregations





FOOD FIGHT !

FitCity's Monthly Tip

With no one forcing your children to finish their green beans, or to choose skim milk instead of whole milk, you may feel like you'll lose some control over their nutrition habits as they return to school next month.

While school lunches have improved, many still exceed nutritional recommendations for fat, according to KidsHealth. While the number of sugary soft drinks has decreased, less nutritious foods also continue to be available via vending machines.

But here's the good news: You can use school lunches to help steer your children toward healthy choices. You can't force them to finish their celery instead of their cookie, but you can make it easier to eat healthy foods.

Nutrition 101. Start by explaining the benefits of a nutritious lunch – that eating healthy will give them energy to finish the school day and enjoy after-school activities, recess, physical education class and other daily events. Be sure to encourage your children to choose fruits, vegetables and whole grains, and to avoid fried foods.

Today's special. Review the menu each week and discuss the selections. Have your children point out what they like. Recommend items that are healthier, but let your children know it is okay to buy favorite lunch items occasionally, even if that includes a hot dog.

Brown-bag it. Encourage packed lunches, at least occasionally. You can start by brainstorming foods and snacks that your children would like to eat. If you let them assist in the choices, they probably will be more likely to finish even the healthy items.

Fresh ideas. Pre-packaged lunches are popular and convenient, but they also lack nutrients that kids need. Instead, create your own by using healthier ingredients, such as whole wheat bread and fresh fruits and vegetables. In addition to staples like PB&J try pitas, or wrap sandwiches stuffed with grilled chicken or veggies, or fill tortillas with lean meats, low-fat cheese, lettuce and tomato.

Remember to limit the unhealthy snacks such as chips or cookies. Instead, grab an apple or a banana, or reach for some yogurt with granola. These are items that you can keep on hand at home, and they pack well for lunches, too.

Here are a few other simple, convenient and healthy lunch ideas:

- * Make a cold pizza by topping an English muffin, flour tortilla or mini pizza shell with shredded mozzarella cheese and pizza sauce.
- * Fill whole-grain crackers with cream cheese or peanut butter to make a unique sandwich.
- * Fill celery sticks with peanut butter.
- * Pack veggie sticks with low-fat dip or dressing.
- * Include a 100 percent fruit juice box.
- * Pack a flavored gelatin, low-fat pudding, an oatmeal raisin cookie, graham crackers or fresh fruit for a great dessert.

A perfect recipe for lunches or snacks: Vegetable Peanut Dip

Ingredients:

1/2 cup natural peanut butter

1/2 cup plain, low-fat yogurt

2 Tbsp. maple syrup

Raw carrot sticks, celery stalks, cauliflower and broccoli florets

(Recipe provided by Purdue University Cooperative Extension Service)

Directions:

Blend the peanut butter, yogurt and maple syrup until smooth. Wash, peel and cut the vegetables. Dip the prepared veggies into the peanut mixture and enjoy!

For more healthy recipes and activities to help your child transition back into school days, log onto www.fitcity.info and www.INShape.IN.gov.